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USSN: 10/043,657

AMENDMENTS

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TECHNOLOGY CENTER R3700

IN THE CLAIMS

13. (Currently Amended) A hydration system comprising a flexible pouch including a plurality of layers all joined together to form at least two compartments, at least one of said compartments for being filled with a thermal capacitance medium.

14. (Cancelled)

15. (Currently Amended) The system of claim 13, wherein said pouch is formed by a first bag surrounded at least partially by ~~the~~ a second bag.

16. (Original) The system of claim 13, wherein said pouch is formed by a first sleeve surrounded at least partially by a second sleeve.

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17. (Original) The system of claim 13, wherein said medium consists of a cooling medium.

18. (Original) The system of claim 13, wherein said medium consists of heating medium.

19. (Original) The system of claim 13, further comprising a conduit having an inlet and an outlet, said inlet being in fluid communication with a compartment for drinking fluid.

20. (Currently Amended) The system of claim 19, further comprising a value valve at said conduit outlet.

21. (Original) The system of claim 20, further comprising a pack configured to receive said pouch and be wearable by a user.